

IN THE CLAIMS

Please amend the claims as follows:

Claim 1 (currently amended): A method for regulating autonomic nerve activity by increasing an ECG R-R interval in a person in need thereof, comprising administering by inhalation a composition comprising a sesquiterpene terpene alcohol to said person in an amount effective for regulating autonomic nerve activity, wherein said sesquiterpene terpene alcohol has a boiling point of at least 250°C and said composition has an odor below a detectable threshold.

Claim 2 (currently amended): The method ~~for regulating autonomic nerve activity~~ claimed in Claim 1, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 3 (currently amended): The method claimed in Claim 1, wherein the sesquiterpene terpene alcohol is selected from the group consisting of cedrol, cedrenol, farnesol, patchouli alcohol, eugenol,  $\alpha$ -santalol,  $\alpha$ -bisabolol,  $\beta$ -caryophyllene alcohol, vetiverol, sclareol, geranyl linalool, isophytol, nerolidol, globulol and guaicol.

Claim 4 (currently amended): The method claimed in Claim 1, wherein the sesquiterpene terpene alcohol is cedrol.

Claim 5 (original): The method claimed in Claim 4, wherein the cedrol is at least 97% pure.

Claims 6-7 (cancelled)

Claim 8 (currently amended): The method claimed in Claim 7, wherein the ~~sesquiterpene~~ terpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claims 9-11 (cancelled)

Claim 12 (original) The method claimed in Claim 1, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 13 (currently amended): The method claimed in Claim 1, wherein the composition is administered to a plurality of persons by dispersing said composition in a space ~~and further wherein the sesquiterpene alcohol is in a vaporizable state.~~

Claim 14 (currently amended): The method claimed in Claim 1, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the sesquiterpene terpene alcohol.

Claims 15-19 (cancelled)

Claim 20 (withdrawn-currently amended): A vaporization system comprising a vaporization promoting element selected from the group consisting of a heat generating source, hot steam, ultrasonic waves, negative ions, and combinations thereof, a carrier, and a sesquiterpene terpene alcohol with an odor below a detectable threshold and a boiling point of at least 250°C.

Claim 21 (new): The method of claim 1, wherein said odor of said composition can not be detected by at least 5 among 10 Japanese individuals with normal olifactory function.

Claim 22 (new): The method of claim 1, wherein said odor of said composition can not be detected by at least 8 among 10 Japanese individuals with normal olifactory function.

Claim 23 (new): A method for regulating autonomic nerve activity by decreasing systolic blood pressure in a person in need thereof, comprising administering by inhalation a composition comprising a terpene alcohol to said person in an amount effective for regulating autonomic nerve activity, wherein said terpene alcohol has a boiling point of at least 250°C and said composition has an odor below a detectable threshold.

Claim 24 (new): The method claimed in claim 23, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 25 (new): The method claimed in claim 23, wherein the terpene alcohol is selected from the group consisting of cedrol, cedrenol, farnesol, patchouli alcohol, eugenol,  $\alpha$ -santalol,  $\alpha$ -bisabolol,  $\beta$ -caryophyllene alcohol, vetiverol, sclareol, geranyl linalool, isophytol, nerolidol, globulol and guaiol.

Claim 26 (new): The method claimed in claim 23, wherein the terpene alcohol is cedrol.

Claim 27 (new): The method claimed in claim 26, wherein the cedrol is at least 97% pure.

Claim 28 (new): The method claimed in claim 23, wherein the terpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claim 29 (new): The method claimed in claim 23, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 30 (new): The method claimed in claim 23, wherein the composition is administered to a plurality of persons by dispersing said composition in a space.

Claim 31 (new): The method claimed in claim 23, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the terpene alcohol.

Claim 32 (new): The method of claim 23, wherein said odor of said composition can not be detected by at least 5 among 10 Japanese individuals with normal olfactory function.

Claim 33 (new): The method of claim 23, wherein said odor of said composition can not be detected by at least 8 among 10 Japanese individuals with normal olfactory function.

Claim 34 (new): A method for regulating autonomic nerve activity by decreasing diastolic blood pressure in a person in need thereof, comprising administering by inhalation a composition comprising a terpene alcohol to said person in an amount effective for regulating

autonomic nerve activity, wherein said terpene alcohol has a boiling point of at least 250°C and said composition has an odor below a detectable threshold.

Claim 35 (new): The method claimed in claim 34, wherein said autonomic nerve regulated activity is at least one activity selected from the group consisting of sleep, stress, parasympathetic activity, sympathetic activity and mood.

Claim 36 (new): The method claimed in claim 34, wherein the terpene alcohol is selected from the group consisting of cedrol, cedrenol, farnesol, patchouli alcohol, eugenol,  $\alpha$ -santalol,  $\alpha$ -bisabolol,  $\beta$ -caryophyllene alcohol, vetiverol, sclareol, geranyl linalool, isophytol, nerolidol, globulol and guaiol.

Claim 37 (new): The method claimed in claim 34, wherein the terpene alcohol is cedrol.

Claim 38 (new): The method claimed in claim 37, wherein the cedrol is at least 97% pure.

Claim 39 (new): The method claimed in claim 34, wherein the terpene alcohol is present in air at a concentration of from 0.01 to 100 ppb.

Claim 40 (new): The method claimed in claim 34, wherein the composition is administered by spraying onto a bedding or a wall covering.

Claim 41 (new): The method claimed in claim 34, wherein the composition is administered to a plurality of persons by dispersing said composition in a space.

Claim 42 (new): The method claimed in claim 34, wherein the composition is administered by wearing a mask, wherein said mask comprises a heating element, a hot steam generating element and the terpene alcohol.

Claim 43 (new): The method of claim 34, wherein said odor of said composition can not be detected by at least 5 among 10 Japanese individuals with normal olifactory function.

Claim 44 (new): The method of claim 34, wherein said odor of said composition can not be detected by at least 8 among 10 Japanese individuals with normal olifactory function.